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The effect of need based psycho-educational intervention on level of anxiety and satisfaction of family member of patients with traumatic brain injury in intensive care units of hospitals affiliated to Shiraz University of Medical Sciences in Iran

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This study was conducted to determine the effectiveness of a needs-based psycho-educational intervention on level of anxiety and satisfaction of family members of traumatic brain injury patients admitted in intensive care units of hospitals affiliated to Shiraz University of Medical Sciences in Iran. In this quasi-experimental design study of 60 family members were selected with a convenience sampling method. They were assigned either to an experimental group or a control group (control n=30 and experimental n=30). To determine the level of anxiety the Spielberger Anxiety Inventory was used. To investigate the level of needs and satisfaction with care, the critical care family need inventory were applied. After the pre-test, each family member in the experimental group received education sessions and psychological support, on Day 1 to Day 3 of admission. The content of the sessions was formulated based on the results of the needs assessment. Based on the results, more important needs of these families were need for assurance and information. Post-test was performed for both groups after education on day 4 after admission. The results showed that family members in experimental group, reported low level of state anxiety and high level of satisfaction than control group (p -value <0.05). In control group, the level of anxiety of family members was same in both pretest and post-test (p -value >0.05), however, post-test level of satisfaction was lower than pre-test (p -value <0.05). The results demonstrated that, needs based education program can decrease level of family anxiety and increase level of satisfaction.

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